

Living Well

Jan./Feb./March 2009
Volume 5, No. 1

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DIRECTOR'S CORNER

Do you know someone in your circle of acquaintances who, when asked, "How are you?" actually tells you? If it's a close friend or family member, you may be genuinely interested, but more often "how are you" is a form of greeting that only needs a response of "fine" or "good" or the very best response, "I'm great," (as long as it's not announced as though you were bragging).

If you missed the news story about the paper published in a British medical journal about happiness being contagious, let me tell you about it.

A co-author of a U.S. study said, "Happiness is like a stampede. Whether you're happy depends not on just your own actions and behaviors and thoughts, but on those of people you don't even know."

The study found that happy people were generally found to be at the center of social networks and had many friends who were also happy. Having friends or siblings close by also increased your chances of feeling upbeat. Happy spouses helped as did happy friends of the same gender.

I'm fortunate enough to be married to a genuinely happy man. He looks at the world positively and is witty in the way he makes note of the things that happen around us. There is much laughter in my life each day.

We have friends who have a family pact. In their house, each is allowed to talk about what ails them for five minutes each day. And they do have issues that give them fodder for this conversation. They also, with affection, tell the other, "your five minutes is up for today."

Now we are back to the first paragraph in which you are now being told in great detail about how your acquaintance really is feeling. You have many options including not asking that question again. Another option is to become one of those contagious happy people and start your own stampede!



June Pederson

Director, Lincoln Area Agency on Aging

ON THE COVER:

**Dr. Ann Lott,
followed her dream
and became a
full-time cosmetic
dermatologist and
surgeon.**



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This publication's purpose is to educate and inform persons on topics, programs, issues and activities that are of concern to the mature population, their families and community organizations. Specific emphasis is on articles pertaining to the services of LAAA. Contents may be reproduced with credit to the magazine.

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Together we're making lives better.

Age better starting now

The Lifetime Health program is the primary health and fitness component of Lincoln Area Agency on Aging. It provides physical fitness and health options, at no cost, for community members 60 and older.

“We know fitness really contributes to a person’s overall health,” said Tracie Foreman, Health Educator and Personal Trainer. “We really stress the importance of physical fitness, in terms of aging well.”

The program offers a variety of physical fitness options, health screenings and health education at the fitness center. The fitness center is located at 1005 O Street and is open Monday through Friday, 8 a.m. to 4 p.m.

Free personal trainers are available at the fitness center every

Monday, 9 a.m. to 11:30 a.m. and 1 a.m. to 2 p.m.; Wednesday, 1 a.m. to 2 p.m.; and Thursday, 9 a.m. to 11:30 a.m. A free clinic provides health services such as checking cholesterol, blood pressure and blood sugar, bone density tests and foot care. The program also provides yoga, Pilates and stretch and tone classes as well as classes on arthritis and diabetic care. Daily exercise and fitness programs are available from 6 a.m. to 10:30 a.m. on 5 City-TV, Lincoln’s government and educational cable access channel.

“You will find, across the board, that people who are physically active have lower cholesterol and blood pressure, flexibility is better, stronger bones, and better control of diabetes,” Foreman said. “They will tell you it’s the fitness that keeps them on track and keeps the medication intake down.”

Neal Sandoz began using the exercise room at Lincoln Area Agency on Aging fitness

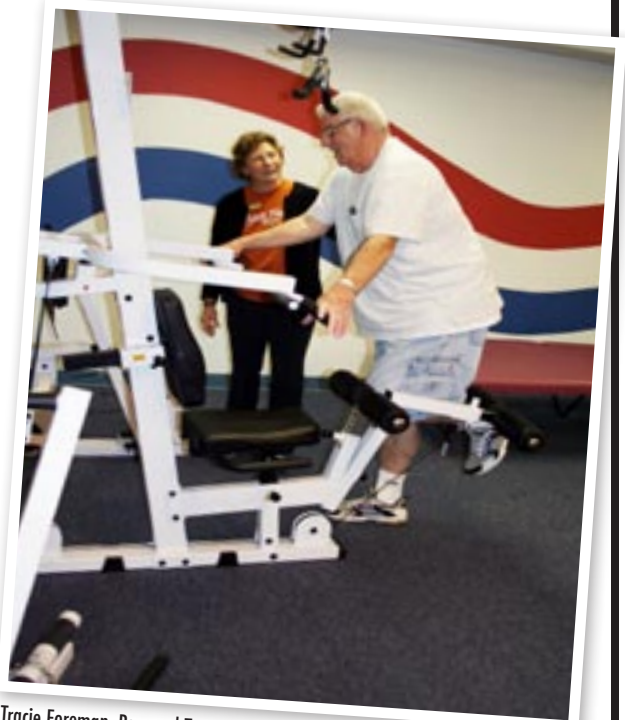
room six months ago and has noticed a positive change in his health.

“They laid out a full-body program for me, so I work all my muscles,” he said. “Not only does it make you feel better, but you get a lot more energy. I used to get tired doing menial tasks. That’s not a problem much anymore.”

While the program is free, there is a suggested donation of \$10. For more information on the Lifetime Health program, call 441-7575.



Neal Sandoz has lost more than 30 pounds since he began using the exercise room six months ago.



Tracie Foreman, Personal Trainer and Health Educator, left, tells Neal Sandoz how to properly work his hamstrings.



Utica Community Senior Center

Regular participants in activities at the Utica Community Senior Center include, from left, Laverne Rohren, Ardella Bredwell, Barb Rhodes, Iona Dierberger, Bonnie Winkleman, Christine Erks, Verna Richert, Evelyn Staehr, and Joyce Schriner, Center Manager.

Utica Community Senior Center has been a part of the Utica community nearly 10 years and provides a valuable service to older adults. It offers a place to socialize and remain active, both physically and mentally.

“It has been proven that older adults who socialize live longer and are healthier,” said Joyce Schriner, manager.

Schriner relies on volunteers to

help with everything from opening and closing the center, serving meals, washing dishes and cleaning up after meals. Local participants play a major role in the center’s survival and success.

“This is a great group with which to work,” she said. “They are fun and cooperative. They really take care of a lot of it themselves.”

The center supplements

funding with other fundraising events, facility rentals, community support and donations to offer its successful programs. The Utica Aging Board governs the center and helps find items it needs, such as computers. Recently, a new computer was donated by the First National Bank of Utica.

“That’s where our support comes from,” Schriner said.

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Joyce Schriner, Manager Utica Community Senior Center, left, meets people at the center for coffee.

Joyce Schriner, Manager Utica Community Senior Center, celebrated one year on the job in November.

Since she was hired, participation has nearly doubled and continues to grow.

“It’s really flourishing because the people that are using it are really excited about things,” Schriner said. “We’re still trying to increase usage and every month more people keep joining us for activities and lunch.”

Community interaction is an important part of the center and one of her favorite things about the job.

“The community and seniors who are regularly here positively react to

the activities and events we have,” Schriner said. “The support of the community is fabulous.”

Prior to joining the Utica Community Senior Center, she helped coordinate a federal grant at the University of Nebraska - Lincoln that trained paraeducators and certified them as special education teachers. Previously, Schriner spent 24 years as a special educator for Lincoln Public Schools.

RUBY THE Riveter

Dreary clouds overhead promised a storm. Despite the weather, Ruby West and her husband packed their car and left their home in Marysville, Kan., just after 5 p.m.

As the young couple drove 175 miles south on Highway 15, they hoped to find what they were looking for in Wichita, Kan. A new start.

“Neither one of us had been there,” Ruby said.

In those times, many young people were heading to Wichita to find jobs.

It was Dec. 31, 1941. The United States was reeling from the attack at Pearl Harbor just weeks before.

The weather grew worse, and the couple drove through snow until they reached their destination. They stayed the night with friends and looked for a place of their own early the next morning.

Her husband soon found work at the Boeing plant. In September, they welcomed their first child – a daughter. The couple started to feel steady.

By spring 1943, Boeing needed more employees. With World War II well underway, the government asked the Wichita plant to build B-29s for combat.

Ruby’s husband had already been working at the plant for a year when she decided to answer the demand for more employees. Every day, she left her baby daughter at home with her husband and walked the 15 blocks to the school where she learned to be a riveter.

“We learned to drill holes so they were perfect,” she said.

After completing the four-week course, Ruby landed a job in the Boeing plant. The riveters worked in pairs. One would drill the hole while the other stood on the other side of the wing to block the rivets.

Boeing called its employees out onto the apron a couple of months after Ruby started. The thousands of employees who worked at the plant stood together and watched as the B-29s they had worked on took flight for the first time.

“It was exciting,” she said. “I don’t know how

many of us there were, but we were all out there watching.”

After working at the plant a few months, Ruby quit her job so she could care for her daughter.

In 1945, her family – which now included an infant son – left Wichita when her husband was drafted into the military. While her husband served in occupied Japan for more than a year, she took care of her family at home in Marysville.

Now 87 years old, Ruby has called Fairmont, Neb., her home 54 years. It is where she taught elementary school and raised her four children. She still lives in the house she moved into more than half a century ago.

Ruby keeps busy. She stays up-to-date with her grandchildren and great-grandchildren – she has 10 of each. She crochets and knits. Once a month, Ruby gets together with her book club at a nearby café to discuss that month’s reading.

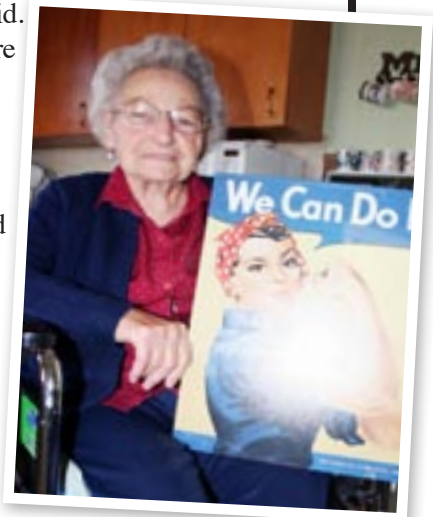
She goes to the nearby senior center every day for dinner and to visit with friends.

“I like my life,” she said.

In October, the Fillmore County Historical Society recognized Ruby for her work at the Boeing plant. They presented her with a “Rosie the Riveter” pin and a sign. Although she feels honored, Ruby contends she was just doing her job at the time.

More than 60 years later, Ruby can still recall the impact of the war on the home front.

“The things I remember from that are fresh in my mind – they’re bright,” she said. “It was a time in my life when everything was vivid.”



Ruby West of Fairmont, Neb., earns the nickname of Ruby the Riveter for her work at the Wichita, Kan., Boeing plant during World War II.

LINCOLN AREA AGENCY ON AGING

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When you receive Living Well magazine by e-mail, you have direct access to many services. Click your mouse on any Web site listed and you are linked directly to a service or advertisers Web site, and with some you can e-mail questions about the provider services. There are wonderful stories in all the issues of Living Well and by visiting the Lincoln Area Agency on Aging Web site, you will find current and the past issues. Feel free to print out the whole magazine or just the pages you're interested in. Call Debb Baines at 402-441-6146 or e-mail her at dbaines@lincoln.ne.gov to sign up now.



- Lake Street ActivAge Center
2400 So. 11th St.
Saturday, Jan. 24
9:30 a.m. to 3:30 p.m.

Join certified Bob Ross Instructor Donald R. Belik for this daylong workshop where participants will capture the beauty of a distant mountain overlooking a tree shrouded lake entitled "Mountain Summit." Enjoy this Fun and Informal class that comes with sure-fire results. All materials and supplies needed to complete the day's project are provided by the instructor.

Class tuition \$40

Call: 441-7158 to register.

"Crane Song" With Dr. Paul Johnsgard

- NETV Meeting & Events Room
1800 No. 33rd St.
Thursday, March 12
2 p.m.

You read about Professor Emeritus Dr. Paul Johnsgard in the October issue of *Living Well Magazine*. Join us for a special screening of the Nebraska Educational Television documentary film "Crane Song," with Dr. Johnsgard himself. Every year, some 80 percent of the world's Sandhill cranes make their way through Nebraska. Striking images and majestic sounds of the birds' journey are featured in this beautiful film.

Digital Transition TV Workshops

The Feb. 17 digital transition date for network television rapidly approaches. Those of you who have not yet made preparations for this change may want to plan on attending one of our upcoming DTV Transition Workshops, in January and February, located at a variety of city libraries. These events are jointly sponsored by NETV and LAAA's ActivAge Centers.

EDUCATIONAL

For more information about any of these events, call 441-7158

March 2009 is Women's History Month!

Join the ActivAge Centers as we celebrate the contributions that women have made to the history of our country. We will feature a variety of programs from the Nebraska Humanities Council and a special showing of "Iron Jawed Angels," the HBO film that portrays the heroic struggle of the "Suffragettes" in securing the right to vote for Women, co-sponsored with the League of Women Voters and The Mayor's Commission on Women.

Bob Ross Painting Class with Don Belik

- Northeast ActivAge Center
6310 Platte Ave.
Saturday, Jan. 17
9:30 a.m. to 3:30 p.m.

LEISURE EVENTS

"Sweethearts Lunch & Valentines Dance"

Downtown ActivAge Center
Friday, Feb. 13

G NEWS AND EVENTS

Special Menu Lunch 11:30 a.m., Downtown ActivAge Center
1005 O Street

FREE Valentines Dance 2 p.m., Auld Recreation Center,
1650 Memorial Drive

Enjoy a Special Menu Lunch at the Downtown Center and then dance the afternoon away to the music of "Sarabande Jazz" as they play the danceable tunes of the '40s '50s and early '60s. Call for lunch reservations by Wednesday, Feb. 11.

HEALTH PROMOTION EVENTS

Lifetime Health Program

Call 441-7575 for more information or to register for these programs.

Chair Yoga

Chair yoga is a gentle form of yoga that is practiced sitting in a chair or standing using a chair for support. This is a great class for people who are new to yoga or have not done it for a while. Participants will learn simple poses they can do at home as well as breathing and relaxation techniques.

- Downtown ActivAge Center
1005 "O" Street - Lower Level
Mondays - 10 a.m. - 11 a.m.
Jan. 12 - March 2
March 9 - April 27
\$28 per session
(Parking validation available)

Stretch and Tone

Exercises in this class focus on increasing flexibility and strength and improving balance to avoid injury. Most exercises are conducted with participants seated or standing near a chair.

- North Gate Garden Estates
2425 Folkways Blvd.
Tuesdays and Thursdays - 9:30 a.m. - 10:15 a.m.
Jan. 6 - Feb. 26
March 3 - April 23
\$28 per session

Easing Into Yoga

This class is designed to introduce the practice of yoga. You will learn breathing, posture, balance and stretching

techniques as well as weight bearing poses to help increase bone density.

- Lake Street ActivAge Center
2400 South 11th St.
Wednesdays - 9:30 a.m. - 10:30 a.m.
Jan. 14 - March 4
March 11 - April 29
\$28 per session

Gentle Yoga

Beginning yoga poses are covered with emphasis placed on going at your own pace and getting to know poses that are right for your body. Gentle yoga is great for beginners.

- Belmont Recreation Center
1234 Judson St.
Thursdays - 10 a.m. - 11:30 a.m.
Jan. 15 - March 5
March 12 - April 30
\$45 per session

Winter 2009 Sahara Bone Density Screenings

More than 10 million Americans suffer from osteoporosis or thinning of the bones. Although the disease has no warning signs or symptoms, it can cause vertebrae to break spontaneously and bones to break under such minor stresses as coughing or sneezing. The Sahara Bone Density test makes the early detection of osteoporosis possible. Free to people 60+, \$7 for people under age 60

- Monday, Jan. 26
Belmont ActivAge Center
9:30 a.m. - 12:30 p.m.
- Monday, Feb. 9
Northeast ActivAge Center
9:30 a.m. - 11:30 a.m.
- Wednesday, Feb. 18
Lake ActivAge Center
9:30 a.m. - 11:30 a.m.

Forever Strong Health Club
Downtown ActivAge Center

continued on page 10

LINCOLN AREA AGENCY ON AGING NEWS AND EVENTS

continued from page 9

HEALTH PROMOTION EVENTS

Winter 2009 Sahara Bone Density Screenings cont.

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Open weekdays from 8 a.m. - 4 p.m.

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Suggested contribution \$10 monthly.

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Thursdays

Contributions accepted.

"Living With Diabetes"

Diabetes is a serious but manageable health condition that affects 20.8 million Americans. Another 54 million have pre-diabetes, most cases of which are undiagnosed. Early diagnosis is essential for managing the disease. Tracie Foreman, Lifetime Health program Personal Trainer and Health Educator, has developed this program that explores the physical and emotional sides of a complicated illness.

- Thursday, Jan. 8 - Northeast ActivAge Center - 10:30 a.m.
- Tuesday, Jan. 13 - Exeter Senior Center - 12:30 p.m.
- Wednesday, Jan. 14 - Lake ActivAge Center - 10:45 a.m.
- Wednesday, Jan. 21 - Hickman ActivAge Center - 12:30 p.m.
- Thursday, Jan. 22 - Bennet ActivAge Center - 1 p.m.
- Friday, Jan. 30 - Geneva Senior Center - 9:15 a.m.

MEYERHOFF TAKES NEW ROLE

On a chilly morning, Carol Meyerhoff strolls down memory lane from inside her Trabert Hall office in Lincoln. She finds it difficult not to smile as she flips through her mental resume.

"We're talking 100 years ago," she said with a smile.

Not quite 100 years; however, Meyerhoff has an extensive human services background. She worked three years in therapeutic recreation at Bethesda Psychiatric Health System in Denver.

She held several posts in Lincoln, including Northeast YMCA Director, Volunteer Coordinator for Tabitha Health Services and Assistant Director for Auld Recreation Center.

In September, she added Program Coordinator for the Lincoln Area Agency on Aging to that list. Meyerhoff coordinates LAAA's Home Handyman Program, which provides home repair services to older adults.

She also manages LAAA's two transportation programs and Lifeline/SentryCare emergency response services.

Meyerhoff left her role as Director of the Easterday Recreation Center to join LAAA's staff. She values the opportunity to serve individuals with special needs.

"I always have been drawn to people who can, with a little support and encouragement, live more productive and

satisfying lives," she said. "I think it's been innately in me since I was a little kid."

"I always gravitated to children who needed that hand up or a little special help, and that carried into my professional life. It's so much more important to provide a voice or support for those people who don't have a voice. They can't access that on their own, so I love to provide that avenue."

Meyerhoff looks forward to enhancing existing services, and expanding the reach of programs like Home Handyman. It will take teamwork, which she is confident her staff will provide.

"We have individuals who are directly responsible for each program," she said. "I respect and appreciate the expertise each member brings to the table as we work together to develop short-term and long-range goals for each program."



Carol Meyerhoff assumes the role of Program Coordinator for LAAA's Home Handyman program.

Ombudsman PROGRAM

Oct. 2, Lt. Gov. Rick Sheehy signed a proclamation in the State Capitol Rotunda declaring Oct. 5-11 as Nursing Home Residents' Rights Week. Designated by the National Citizen's Coalition for Nursing Home Reform, the week was celebrated throughout the country. Nursing home and long-term care residents, along with family members, ombudsmen, citizen advocates and others, focused on the individual rights of long-term care residents.

During the week, the National Long-Term Care Ombudsman Program helped draw attention to the rights of residents to make decisions regarding their care and treatment and have their concerns addressed, while being treated with respect and dignity.

Every year, the past five years, the Nebraska Long-Term Care Ombudsman Program, a program by the Nebraska Department of Health and Human Services, has sponsored Nursing Home Residents' Rights Week. To localize the story and draw publicity, a proclamation has been signed by the governor every year at the Nebraska Capitol. Gov. Heineman was unable to attend this year, so Lt. Gov. Sheehy did the honors. All nursing home and long-term care residents were encouraged to attend.

"It gives them a day to come to Lincoln," said Tami Barrett, local ombudsman. "I encourage them to go out to lunch and make a fun day out of it. They enjoy coming to meet the governor and take pictures at the Capitol."



Colene Hance, center, receives the 2008 Humana Starlight Award for her volunteer service. Pictured with Hance are Tami Barrett, Elder Rights Coordinator in the LIFE Office at Lincoln Area Agency on Aging, left, and June Pederson, LAAA Director.

Volunteer earns **Starlight Award**

Colene Hance recently was named the Humana Starlight Award recipient for her efforts as a volunteer. She was one of 20 Nebraska volunteers nominated for the award.

In recognition of her service, Humana awarded a \$10,000 grant to the Lincoln Area Agency on Aging.

Hance has served as an ombudsman advocate through the LIFE Office at Lincoln Area Agency on Aging the past six years. In the past, Hance volunteered at Cedars Home for Children. She continues to participate in the University of Nebraska's Osher Lifelong Learning Institute. Currently, she is a board member of CIMRO of Nebraska, which is the Quality Improvement Organization that partners with Centers for Medicare and Medicaid Services.

Following LAAA's mission to "enhance daily living, expand

personal choices, and educate the community," Hance spent more than 170 volunteer hours during the past year working directly with older adults.

"It can be difficult for older adults to feel like they are contributing," Hance said, "but I explain how important everyday care is for themselves, teach them how to be their own advocate and help them remember that they can still be active members in society."

The Starlight Award is sponsored by Humana, but it is a panel of local judges — comprised of community leaders, local executives and health care providers — which evaluates the applications and chooses the award recipient. Nominees are evaluated on the dedication and leadership they have demonstrated, as well as the impact their volunteer efforts have had on others in the community.

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No RSVP needed

January 13, 22, 28
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March 2, 10

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If you are having a hard time affording your prescriptions, there may be help out there for you. There are Medicare Savings Programs that you can qualify for if you are low income and have limited assets. There are also private organizations that may be able to help you. **Please give me a call.**

Jim Schueth is a Nebraska Licensed Insurance Agent. Nebraska License Number AG130809
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Senior Companions OFFER FRIENDSHIP

Shirley Ziegelbein, left, Donna Gerdes and JoAnn Furbur share stories from their experiences with the Senior Companions Program Nov. 24 at the Polk County Senior Center in Stromsburg. Furbur and Ziegelbein are the county's two Senior Companions and Gerdes is the center's Manager.

Sometimes, all a person needs is love and care.

According to Polk County Senior Companion volunteers JoAnn Furbur and Shirley Ziegelbein, the Lincoln Area Agency on Aging's companions program helps meet these needs for people throughout the community.

Both women have been volunteers for more than eight years and were recognized this summer for their service to the Senior Companion Program.

"These ladies are awesome and do an awesome job," said Polk County Senior Program Manager Maureen Stearn. "I appreciate the care they give. I'm really proud of them."

From Jan. 1 to Oct. 31, Furbur completed 1,469 volunteer hours and Ziegelbein 1,132.75 hours, according to Donna Gerdes, President and Manager of the Stromsburg Senior Center. That makes for an average of between 25 and 35 volunteer hours per week for each woman.

The program encourages Senior Companions to work 15 hours per week.

Despite the recent recognition, Ziegelbein said the greatest reward is getting to work with her clients. The clients she works with share their stories and experiences with her.

"I get lots more back than I give," Ziegelbein said.

According to Furbur, she feels rewarded constantly when she sees the quality of life improve in her clients.

Furbur and Ziegelbein each work with seven clients. As part of their volunteer work, they give their clients transportation, make meals and keep them company.

Furbur began her work as a Senior

Companion more than eight years ago after her father died. She had been his caregiver and wanted to continue helping other older adults. Helping older adults is a family trend.

Her sisters both work with older adults and her granddaughter hopes to manage a nursing home after college.

Ziegelbein became a Senior Companion after completing her work as a Licensed Practical Nurse in a nursing home. Wanting to do something with her post retirement time, and help people in her community, she joined the program.

Helping older adults comes naturally to both women, who say they grew up being taught to care for their elders.

"Part of it is the love for these people," Furbur said. "I can see they need attention. When I see them struggling, I give them help."

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402-441-7070/800-247-0938

<http://lincoln.ne.gov> keyword: aging

KEY FOR SERVICES: L = Lancaster only

MISSION

The Lincoln Area Agency on Aging is the principal agency which plans, coordinates and advocates for older people in our eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community in an effort to ensure the independence and full life of the people we serve.

LIVING WELL MAGAZINE

402-441-6156

This free quarterly magazine features stories of interest to older adults and is mailed directly to their homes.

LIVE AND LEARN

A monthly TV show for and about older adults on 5-CITY TV, Channel 5 and video-on-demand on lincoln.ne.gov Web site.

FIRST SERVICE

Information and Referral

LIFE provides help for individual older persons and their caregivers to resolve questions, and concerns, occurring with aging. Services include referrals, counseling, social work and care management. First Service is the starting point in determining alternatives, and arranging services for individuals and their families in the LAAA eight-county service area.

Call 402-441-7070 or 800-247-0938

SENIORS FOUNDATION

A charitable foundation focusing on enhancing and enriching the quality of life and independence of all older adults in Lincoln and Lancaster County.

402-441-6179 or <http://www.seniorsfoundation.org>

ACTIVAGE CENTERS

Social events and activities, health and educational programs. Noon meals, selected evening meals with entertainment, special holiday meals, brown bag and shelf-stable meals for at home. Transportation to the centers is available for a fee. Seven centers in Lincoln and five in Lancaster County. L 402-441-7158

ACTIVITIES & CLASSES

- **Health** - Physical activity and exercise classes to improve health and fitness. L 402-441-7575
- **Travelogue** - Travel films by professional photographers. L 402-441-7158

CAREGIVING

402-441-7070 or 800-247-0938

- **ElderCare Connection** - Caregivers receive information, support and assistance. <http://www.eldercare.gov>
- **Caregiver Support Groups** - Discuss issues and problems of caregiving with other caregivers.
- **Senior Companion Program** - Homebound older adults receive companionship. L 402-441-7026.
- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7575

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 402-247-0938

- **Care Management Services**
- **LifeLine Emergency Response System** - 24-hour emergency access by pressing a button.
- **Long-Term Care Ombudsman** - Protects the rights of residents in long-term care facilities.
- **Resident Services** - Service coordination to maintain the independence of those at Burke Plaza, Mahoney Manor and Crossroads House in Lincoln and in Geneva. Fillmore and Lancaster counties only.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services and adult day care.
- **Medicaid Waiver Services** - State funded in-home services for those who are Medicaid eligible who choose to live at home or use community-based services.
- **Harvest Project** - Mental health and substance abuse services. L 402-441-7070

EMPLOYMENT

402-441-7064 or 800-247-0938

- **OperationABLE** - Job searching for persons 50+. Works with employers who have job listings.

FINANCIAL

402-441-7070 or 800-247-0938

- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and home equity loans.
- **Medicare & Medicaid Fraud** - Seeks to reduce waste and fraud in the Medicare and Medicaid Program.

ON AGING SERVICES

HEALTH & FITNESS

402-441-7575

- **Lifetime Health Program**
- **Forever Strong Health Club** - Fitness equipment and consultations with certified personal trainers.
- **Senior Health Promotion Center** - The University of Nebraska-Medical Center and LAAA provide Health screenings. L 402-441-6687
- **Alzheimer's Disease** - The LIFE office provides information and referral. 402-441-7070 or 800-247-0938 <http://lincoln.ne.gov> keyword: aging
- **Widowed Person Service** - Support for people who are widowed. L 402-441-7026
- **Fit to Care** - Tips from a registered nurse, dietician and certified personal trainer to help decrease the effects of chronic tension often associated with caregiving. Free service.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - Screenings include blood pressure, cholesterol, glucose, bone density and more.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5-CITY TV, Channel 5. L

HOUSING & HOME REPAIRS

- **Home Handyman Service** - Handyman services from mowing to leaky faucets, painting and broken light fixtures. L 402-441-7030
- **Assisted Living and Nursing Facilities** - Listings are available from the LIFE office. 402-441-7070, 800-247-0938 <http://lincoln.ne.gov> keyword: aging

NUTRITION

402-441-7158

- **Nutrition Consultation** - Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers.
- **Meals** - Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some centers.

TRANSPORTATION

- **Transportation to the ActivAge Centers.** L 402-441-7158
- **Lancaster County Rural Transit** - Fixed schedule transportation from rural Lancaster communities into Lincoln. L 402-441-7031
- **Other options in the community** - Listings available at 402-441-7070 <http://lincoln.ne.gov>, keyword: aging

VOLUNTEERING

- **RSVP/Retired & Senior Volunteer Program**
Volunteer experiences for those ages 55+. Coordinates between community needs and the talents of the volunteers. L 402-441-7026
- **Foster Grandparent Program 402-441-7026**
- **Guardian and Conservatorship 402-441-7070**
- **Long-Term Care Ombudsman 402-441-7070**
- **Senior Companion Program 402-441-6105**
- **Widowed Persons Service 402-441-7026**

MULTI-COUNTY PROGRAMS

- Butler County Senior Services 402-367-6131
- Fillmore County Senior Services 402-759-4921
- Polk County Senior Services 402-764-8227
- Saline Eldercare 402-821-3330
- Saunders County Senior Services 402-443-4896
- Seward County Aging Services 402-761-3593
- York County Aging Services 402-362-7626

CONTACT US

All Counties: 800-247-0938

- Butler County: Becky Romshek 402-367-4537
- Fillmore County: Brenda Motis, and Rhonda Stokebrand 402-759-4921
- Polk County: Amy Theis 402-747-5731
- Saline County: Trudy Kubicek 402-826-2463
- Saunders County: Mary Dailey 402-443-1097
- Seward County: 800-247-0938
- York County: Lori Byers, and Nancy Hoblyn: 402-362-7626
- Donna Mulder, Aging Program Coordinator: 800-247-0938
- Sue Kramer, SCO and Waiver intake: 800-247-0938
- Avis Blase, Rural Waiver Services Coordinator: 800-247-0938
- Nancy Kohler, Rural Waiver Services Coordinator: 800-247-0938
- Wendy Hanshaw, Rural Services Coordinator: 800-247-0938
- Sandy Oswald, JoAnn Currie and Shirley Vickinovac, Senior Care Option: 800-247-0938

WANT TO RECEIVE LIVING WELL VIA E-MAIL?

If you would like to receive Living Well by e-mail instead of in the mail, please call Debb Baines of Lincoln Area Agency on Aging at 402-441-6146 or e-mail dbaines@lincoln.ne.gov

CHASING THE DREAM

After practicing dermatology more than 25 years, Dr. Ann Lott of Lincoln gave herself a professional facelift.

Lott left her former practice where she handled various skin conditions to focus on cosmetic and surgical dermatology. More than two years after starting the Cosmetic Dermatology & Laser Center, 2900 S. 70th St., Lott provides cosmetic procedures, such as liposuction, BOTOX and laser skin rejuvenation.

Making the change meant Lott finally had the opportunity to pursue a side of her field that she had long studied, but had little time to practice. The work gives her new challenges and lets her use her imagination more.

“I’m finding this is really creative,” she said. “I never paid much attention to my artist’s soul.”

Instead of reading only medical journals and articles to stay on top of the industry, Lott finds herself looking at art textbooks for inspiration.

The doctor began learning about cosmetic and surgical dermatology years ago when BOTOX was first introduced. Although initially skeptical of the product’s results, Lott soon became intrigued by the possibilities it offered after more testing revealed success.

So she gave it a try and had BOTOX injected into her forehead to remove some lines that had formed through the years. At that time she was 50. Years later, she is still pleased with the results.

Making the decision to quit her former practice to start a new one was a plan that did not come up overnight. It took planning and consideration before she made her choice.

Roger, her husband of 40 years, said his wife carefully weighed her options and made sure she was ready for the new adventure in her life.

“I admire that she is both willing to do new things when it interests her and also wants to be careful to make sure she knows how to do it in the appropriate way,” he said.

According to Lott, the strong support from her husband, daughter and friends gave her the courage to go forward with her dream. No one has ever expressed any doubt about her ability to succeed – except maybe herself on occasion.

“I’ve been my own worst critic,” she said.

Becoming a fulltime cosmetic surgeon meant postponing retirement. She jokes that it was a way to save her marriage from the almost certain “honey-do” list that would have built if she were home more.

Her husband is proud of the accomplishments his

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The birthday fairy sits in Dr. Ann Lott’s offices at the Cosmetic Dermatology & Laser Center in Lincoln as a reminder of what her work wards off.



Dr. Ann Lott, followed her dream and became a full-time cosmetic dermatologist and surgeon.

Celebrating a VETERAN

In 1941, 23-year-old Clarence Osborn signed up for one year selective service in the U.S. Army. One year turned into four when the U.S. entered World War II after the attack on Pearl Harbor. He wouldn't return home until July 1945.

A member of the 14th Calvary Group, Osborn remained stateside patrolling the Mexican border in Arizona in December 1941. By the following spring, the military found horses inadequate and the 14th Calvary disbanded. He spent time in Kentucky and California, doing maneuvers. In 1942, Osborn went to Pennsylvania and New Jersey to prepare to go overseas.

Osborn transferred to the 3rd Armored Division, 36th Army Infantry attached to the 1st Army, as a reconnaissance platoon sergeant. His outfit was called Spearhead. In 1943, he was sent to England to begin training for the World War II. Soldiers spent time in cities like London and Bristol, attending bomb school and learning survival techniques. June 11, 1944, just days after D-Day, Osborn's war history began.

Osborn's unit began at Omaha Beach in France and made their way to Dessau, Germany, in April 1945. He received battle stars for his service at five major campaigns, including Normandy, Northern France, Battle of the Bulge, Rhine Land and Central Europe.

As a reconnaissance platoon sergeant, Osborn's job required him to sneak into enemy territories, late into the night, to scout out enemy resources. It also required him to be courageous and hope for survival.

"I remember one night, the leading patrol wanted me to take a message to make contact with a couple of groups over the hill and then come back," Osborn said. "I got over the hill okay, gave them the message and then the bullets started flying right in front of me."

He ducked into a ledge until he built up the courage to run. Osborn made it back to his outfit, but not before he saw a fellow soldier fall to the ground.

"I got up and ran as fast as I could. I saw an enemy tank coming

over the hill, firing at us," he said.

Osborn shot back. He looked around and saw he was alone. He huddled in a ditch, and then heard the agonizing grunts of a wounded officer.

"I got his arm around me and his around mine," he said. "We walked

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Clarence Osborn stays active by running in marathons around the country.



A decorated World War II veteran, Clarence Osborn has been a resident of Nebraska his entire life.

“... then the bullets started flying right in front of me”

Diane Rolfsmeyer WELCOMED

The Seniors Foundation welcomes Diane Rolfsmeyer as Executive Director. She said it has been a hectic start since taking over Oct. 30, but she is making headway. With board meetings fast approaching, Rolfsmeyer's first goal is to understand where the foundation is now.

"I'm really excited about this opportunity," she said. "The fact that people are so willing to meet with me shows that everyone affiliated with this foundation is ready to move forward."

A lifelong resident of Nebraska, Rolfsmeyer had her own financial practice more than 10 years as a Certified Financial Planner. In 2001, her father became suddenly ill and moved in with her and her husband. This was a life changing experience for Diane.

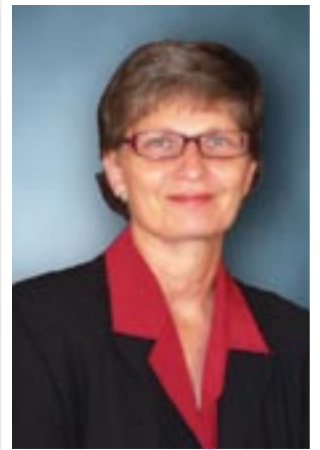
"When dad lived with us, it was very intense. I was suddenly needing to find services and assistance to help me take care of him. I couldn't sleep well because I worried he'd fall in the middle of the night," Rolfsmeyer said. "At the same time, I sat at the table and had three meals a day with my dad. He would talk to me and even though he was sometimes confused about who I was, we had great conversations. It was the most rewarding thing I had ever done in my life. I was giving of myself for the benefit of someone else without consideration. I had spent my professional life helping people build wealth. After the experience of caring for my father, I wanted to give on a more personal level for the benefit of others."

It was at this time Rolfsmeyer decided that working for nonprofit organizations would more closely fill that need.

Rolfsmeyer started her nonprofit experience with the Madonna Foundation. She served three years as Director of Development at Epworth Village in York, Neb., and

later became Executive Director of the Nebraska State Historical Society Foundation. When she saw this new opportunity, she didn't hesitate to apply.

"I'm very excited to be here. While caring for my father, I used the services of the Lincoln Area Agency on aging and had a wonderful experience. They recommended services, provided information and helped me find what I



Diane Rolfsmeyer, executive director

***"I'm
very
excited
to be
here."***

needed. LAAA made a world of difference in helping me care for my dad. Because I got to know many on the staff during that time, coming to work at the Seniors Foundation feels like I'm coming home," she said.

Prior to taking this role, Rolfsmeyer served on several boards for LAAA and has made donations to the Senior Foundation regularly.

"The foundation has a very warm place in my heart," she said. "It's a worthy cause and very valuable to the city and the county. I'm just happy to be a part of it."

When not spending time in the office, Rolfsmeyer spends quality time with her husband, Nick Partsch, an Ad Manager at the University of Nebraska-Lincoln's Daily Nebraskan. The

couple enjoy film, ballroom dancing, reading and maintaining their family farm in southern Seward County. Their favorite pastime, however, includes visiting their seven children and nine grandchildren on both coasts.

Someone Help, My Stuff Runneth Over!!

Article provided by Karen Braaten, Helping Hands Estate Services, LLC

Opening the door, you peek in. It is still there. Just like you remember - or is it more than you remember? Frustration, despair creep up. There is stuff everywhere. Most of us, at some time, have walked into a room filled with belongings and wanted to throw up our hands in surrender. How did things get this overwhelming? Where did all this stuff come from? How do I make order from all this chaos?

During the past eight years, I have had extensive experience regarding the accumulation of material things I call "Stuff." I own and manage a business called Helping Hands Estate Services, LLC. We help people organize, downsize, pack and move, clear out estates, and disperse unneeded personal belongings. This experience has lead to the discovery of several laws regarding Stuff and several ways to regain control.

Law number 1: Stuff is attracted to everybody.

I have found that Stuff is the perfect equal opportunity offender. It does not discriminate based on race, religion, age, gender, or economic status. Everyone experiences times where they feel overwhelmed by the amount of Stuff that has accumulated in their closets, dresser drawers, under beds, on tables and counter tops, in hallways, cupboards, corners of room, garages, and storage areas. It happens to all of us.

Law number 2: Stuff conspires with other Stuff to increase its numbers.

A most intriguing aspect of Stuff is how owning Stuff leads to owning more Stuff. Ever look for a particular item of Stuff and can't find it no matter where you look? Solution: go buy new Stuff to replace the Stuff that is mislaid - and while at the store pick up some extra Stuff so you don't have the frustration of looking for it next time. Heading home, you are buoyed by a false sense of reality thinking you have outsmarted your Stuff. The extra Stuff purchased is placed amid the Stuff already owned. Result: an increase in the general accumulation of Stuff. Additionally, increased accumulation adds to the natural camouflage capability of Stuff. Score: human - zero; Stuff - two.

Law number 3: Owning too much Stuff is expensive.

Since Stuff bonds with other Stuff indiscriminately, valuable Stuff tends to get lost amongst the cheap Stuff. After frantically searching for the camouflaged, expensive Stuff, you drag off to the store to buy replacement Stuff. Financially, the price of the Stuff is doubled. Time spent looking for the Stuff is irreplaceable. Emotionally, the frustration and dismay of replacing the Stuff the cost is overpowering. Too much Stuff

is costly in many aspects.

Law number 4: Stuff has magnetic properties.

Although no definitive studies have been done, the intrinsic magnetic properties of Stuff are self apparent. They are easily seen every time we try to part with the excess Stuff we have accumulated in our homes.

- I might need this sometime in the future.
- Aunt Betsy gave this to me.
- I paid good money for this. These are expensive.
- It is still good - for the most part.
- Uncle Fred might be able to use this, I'll just hang onto it for him.
- These are all common commentaries used to identify the magnetic qualities Stuff exhibits. We have a hard time parting with Stuff.

Law number 5: Stuff's magnetic properties are directly proportional to ownership.

Parting with Stuff is difficult when it belongs to you. Your Stuff has value and potential. However, Stuff that does not belong to you does not have that same aura. You see other people's Stuff for what it is, stuff - clutter, excess, junk. Your Stuff had greater magnetic powers than other's stuff. These laws lead to an understanding of Stuff and why it has a tendency to

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Cracking open the nest egg

Houston Doan keeps busy these days.

Doan, Lincoln Area Agency on Aging's LIFE Office Counselor, usually handles steady streams of clients.

Turmoil in financial markets nationwide has shifted the demographic profile and number of people seeking LAAA's assistance.

Traffic in LAAA's Operation ABLE program, which helps older adults find employment, has increased significantly. Single women, ages 60 and older, constituted much of the program's client base. He now sees more men and older adults ages 50-55 walk through his door.

"We are seeing a lot of people who at one point in time were in really good shape financially," he said. "They had their money in bonds or fixed income instruments. They're in trouble today. Now they're seeing very low interest returns, and their standard of living has had to decrease because of the reduction."

Doan has witnessed an average 30 percent decline in his client's portfolios. National statistics follow a similar trend. Decreases in various stock indexes have siphoned nearly \$2 trillion from Americans' retirement plans, according to government projections.

During the past year, he witnessed dire situations. He counseled many older adults who built nest eggs, only to watch that income drastically decrease. Several older adults who have purchased homes later

in their retirement now are losing their homes.

"At one point, they were able to count on their nest egg to generate enough income to take care of their monthly mortgage payments," he said. "A lot of people are looking at subsidized housing now because their incomes have gone down dramatically.

They're getting squeezed from every direction."

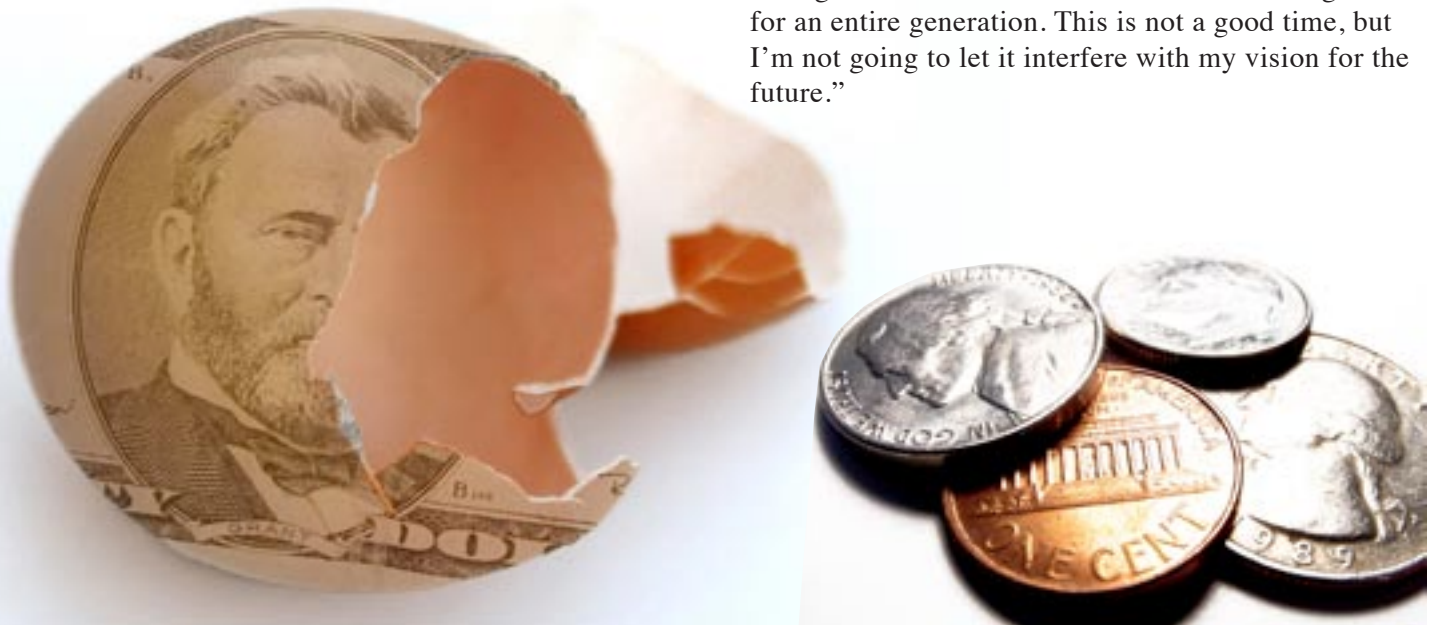
Although times appear bleak, Doan encourages older adults to consider re-entering the job market. Many older adults have hobbies that translate into successful jobs. A woman he counseled parlayed gardening into ownership of an area Earl May store.

Above all, he cautions older adults to remain optimistic.

"Markets go up and markets go down," he said. "That's why they call it a market and not a guaranteed savings account. I don't see this as a stumbling block for an entire generation. This is not a good time, but I'm not going to let it interfere with my vision for the future."



Houston Doan, financial counselor



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Switching to Digital TV

The country will switch from analog to digital television Feb. 17 and preparation is simple, if you know what to do.

According to the Federal Communications Commission, Consumer and Governmental Affairs Bureau, broadcast stations are switching because a digital picture is more efficient to transfer to your TV than an analog version and can provide better picture and sound.

The FCC also had this advice.

Q: How do I prepare to switch?

You must have a TV with a digital tuner or have a digital-ready monitor with a digital-to-analog converter box to transmit the signals to an analog TV. An antenna is also required to receive the digital signal.

Q: Do I need to get a digital-ready TV if I don't subscribe to cable or satellite?

Yes, all TVs will have to be digital-ready by Feb. 17.

Q: How can I tell if my TV is already digital capable?

If you purchased your TV in the U.S. on or after May 25, 2007, the salesperson was required by the FCC to inform buyers if the TV is not digital and will require a converter box when the signal switches to digital. If your TV is analog, it will also have text on the purchase box stating so.

Q: What if I cannot afford to buy a digital TV?

Through March 31, households in the U.S. can request two coupons, worth \$40 each, to help pay for a converter box. The box costs between \$50 and \$70. For more information on how to request coupons see <http://www.ntia.doc.gov/dtvcoupon/index.html>.

Q: Why is the government helping subsidize the switch to digital?

Because digital TV uses less space when transmitting a signal and the associated frequencies will be used for police, fire, emergency rescue and advanced commercial wireless services.

Q: Are there services to help me make the switch?

The government and television providers are working to inform the public. One Web site, <http://www.dtvtransition.org/>, allows the viewer to take an online quiz to determine if their household is ready for the switch. After your household has been identified, it will give more information about how each household can prepare for the switch to digital.





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Straus recognized for work in community

Barb Straus, Lincoln Area Agency on Aging LIFE Social Worker, was honored for her work in October. She received the Coalition of Older Adult Health Promotion Professional Award at an Oct. 17 ceremony.

"It was nice to be nominated," she said. "It was a really great group of people who were nominated along with me."

The award is given to recognize positive contributions to older adult health promotion in Lincoln and Lancaster County.

In the LIFE office, Straus wears different hats to provide assistance to older adults in the Lincoln area. As part of her job, she works as a case manager to help older adults with the issues they face on a daily basis.

"I help them maintain

independence and figure out what will work for them best in order to stay on their own and healthy," she said.

Other responsibilities include staff training, supervising a grant program and arranging for speakers to help staff members stay current on the field of aging.

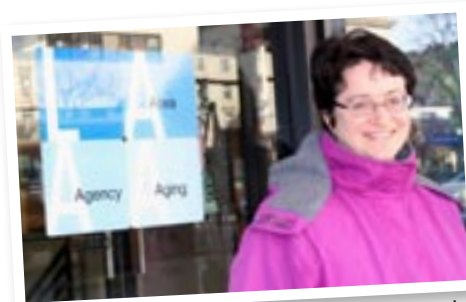
Straus has worked with LAAA 22 years. She was drawn to a career with the agency because she was interested in the needs of older adults. With the LIFE program, she has been able to help find ways to meet those needs.

"I feel very lucky to have worked in this agency, which really does a lot of important work for older people," she said.

Straus' work involves many administrative duties, but her

favorite part is getting to spend time out in the field with her clients. She enjoys talking to them about their lives and experiences.

"By the time people are older there's just a lot of character, personality and life experience that's worth learning about and hearing about," she said.



Barb Straus, Lincoln Area Agency on Aging LIFE Social Worker, recently earned the Coalition of Older Adult Health Promotion Professional Award.

Someone Help, My Stuff Runneth Over!!

Article provided by Karen Braaten, Helping Hands Estate Services, LLC

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accumulate - everywhere. With this knowledge comes the power to triumph over Stuff. Engaging in some simple steps will help you alter the nature of Stuff, gain control, and reclaim your space.

Embrace the fact that you are not unique; Stuff is attracted to everyone. Some have been able to tame their Stuff and exert control. If they can do it, so can you. Fortified with this knowledge, you will be able to move forward.

Enlist the help of others. Stuff has magnetic properties directly related to ownership; asking others to help you will lessen those powers.

You could ask family, friends, church groups, or professionals. Using a professional gives the greatest benefit of detachment and anonymity. A professional has experience and can give you the support as you need as you contend with your Stuff. Everyone needs a helping hand.

Expense is in the eye of the beholder. It is hard to part with Stuff if you concentrate on the sunk cost of Stuff. There may have been a financial expenditure when you acquired Stuff, yet this expenditure weighed against the cost of losing living space, losing a clean safe environment, and losing pride in ownership of your house, is slight.

The greater expense comes in retaining too much Stuff. Offset the financial cost of Stuff by contributing usable items to charities and keeping the receipts for deductions on income tax. Recycle newspapers, old magazines, old text books and glass containers. You will help the environment as well as regain living space. Sell items you are keeping because they may have financial value but do not necessarily have any sentimental value. Clearing out the clutter will lead to more living space, pride in ownership and a better more positive outlook in life. The benefit of reducing clutter in your home is priceless.



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CHASING THE *DREAM*

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wife continues to make in her field. Regardless of any list that might await him should she have retired instead, he just wants to see her happy.

"She is much happier and she feels really good about what she's doing," he said. "That's what we were after."

With the support of her family and friends, Lott's cosmetic surgery practice is taking off. She enjoys the work. She loves the freedom. She hopes to continue following her dream for as long as she can.

"When you hit 60, you start looking back not wanting to have regrets," she said. "I'm just really a lucky person that I have the opportunity to do this."



Dr. Ann Lott shows the difference BOTOX made for her after she tried it about 10 years ago. The Cosmetic Dermatology & Laser Center in Lincoln offers BOTOX treatments among its services.

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Utica Community Senior Center

continued from Page 6

“Things like that is how we survive.”

Each year the center hosts potato bakes in March, July and October, which are responsible for raising the majority of funds.

The center will celebrate its 10th anniversary and Schriener's 70th birthday at the March 8 potato bake. The center provides baked potatoes and condiments and local citizens bring about 20 salads and 20 desserts. Schriener estimates that more than 220 people attended the Oct. 26 potato bake.

New Year's Eve, the center hosted its second annual New Year's Eve party. During the 2007 event, she hoped to have 10 to 15 attendees and thought she would be home by 11 p.m. More than 30 people attended and Schriener did not make it

home until 1:45 a.m.

Everyone had a great time and just wanted to stay and socialize, she said.

Other activities and events provided by the center include lunch on Wednesdays and Fridays for \$3, a soup and dessert one Sunday a month during winter, and Bingo on the last Wednesday of every month. The center is open every Wednesday and Friday.



Laverne Rohren, foreground, and Evelyn Staehr participate in morning exercises at the Utica Community Senior Center.



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Falls and Fires

Lincoln Area Agency on Aging and the Nebraska State Fire Marshall's Office will bring a fire and fall prevention program to older adults in Lancaster County and the multi-county area.

The two were awarded scholarships to participate in a training conference Dec. 3-5 in Boston. It was dedicated to "Remembering When:™ A Fire and Fall Prevention Program for Older Adults" developed by the National Fire Protection Association.

Peggy Apthorpe, LAAA Lifetime Health Program Coordinator, and Fire Prevention Deputy Ray Nance of the Nebraska State Fire Marshal's Office were one of the 41 two-member teams from throughout the country participating in the conference.

"The Remembering When™ approach is unique in its simplicity because it combines fire and fall prevention education into one program," Apthorpe said.

"Adults 65 years and older are more than twice as

likely to be killed in a home fire compared to the population at large; and falls are the leading cause of death from injuries in this age group," said Sharon Gamache, National Fire Protection Association's Director of High-Risk Outreach Programs. "This training offers strategies participants can use to help prevent fires and falls among older adults."

"Remembering When™" teaches 16 tips — eight for fire prevention and eight for fall prevention. Training will be conducted by Apthorpe and Nance at senior centers and residential facilities. Senior Companions, Home Handymen and other LAAA staff and volunteers will be trained to conduct individual home sessions targeting those most at risk of fires and falls.

Statistics show that falls in the home are the leading cause of death from unintentional injury. Older adults can reduce their risk of dying or being injured in a fire by following simple fire prevention rules, Apthorpe said.

Fire prevention tips:

1. Provide smokers with large, deep ashtrays.

Wet cigarette butts and ashes before emptying ashtrays into a wastebasket. Never smoke when you are lying down, drowsy, or in bed.

2. Give space heaters space.

Keep them at least three feet away from anything that can burn. Unplug heaters when you shut them off, leave your home, or go to bed.

3. Be kitchen wise.

Wear tight-fitting or rolled-up sleeves when cooking. Use oven mitts to handle pot pans. Never leave cooking unattended. If a pan of food catches fire, slide a lid over it and turn off burner. Don't cook if you are drowsy from alcohol or medication.

4. Stop. Drop, and Roll.

If your clothing catches on fire: Stop (don't run), drop gently to the ground, cover your face with your hands, and roll over and over to smother the flames. If you cannot do that, smother the flames with a towel or blanket. Immerse burns in cool water for 10 to 15 minutes. If burns are severe, get medical help immediately.

5. Smoke alarms save lives.

Have smoke alarms installed outside all sleeping areas and on every level of your home. Test your smoke alarms once a month by pushing the test button. Make sure everyone in your home can hear your smoke alarms.

6. Plan and practice your escape from fire.

Know two ways out of every room in your home. Make sure windows and doors open easily. In a fire, get out and stay out.

7. Know your local emergency number.

It may be 911 or the fire department's phone number. Once you've escaped a fire, call the fire department from a neighbor's phone.

8. Plan your escape around your abilities.

Have a telephone in your bedroom and post the local emergency number nearby in case you are trapped by fire.

3. Clear the way.

Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines, and other clutter.

4. Look out for yourself.

See an eye specialist once a year. Poor vision can increase your chance of falling. Improve the lighting in your home. Use night lights to light the path between your bedroom and bathroom. Turn on the lights before using the stairs.

5. Slippery when wet.

Use non-slip mats in the bathtub and on shower floors. Install grab bars next to the bathtub, shower, and toilet. Wipe up spilled liquids immediately.

6. Throw rugs can throw you.

Use only throw rugs with rubber, non-skid backing. Always smooth out wrinkles and folds in carpeting.

7. Tread carefully.

Stairways should be well lit from both top and bottom. Have easy-to-grip handrails installed along the full length of both sides of the stairs.

8. Best foot forward.

Wear sturdy, well-fitted, low-heeled shoes with non-slip soles.

Fall prevention tips:

1. Exercise regularly.

It will build strength and improve your balance and coordination. Ask your doctor about the best physical exercise for you.

2. Take your time.

Being rushed or distracted increases your chance of falling. Get out of chairs slowly. Sit a moment before your get out of bed. Stand and get your balance before you walk.



In 1985, there were a reported 35 million Americans living with arthritis. In 2008, one in five adults, or 46 million, suffer with one of the nation's leading causes of disability. An additional 300,000 afflicted are children.

Arthritis is second only to heart disease as a cause of workplace disability, and is related to more than 39 million physician visits and more than a half million hospitalizations every year.

The \$128 billion dollar annual price tag for this illness keeps insurance premiums high and medication costs over the top for many on fixed incomes.

Research, education and prevention are the most powerful tools Americans have at their disposal to combat this fast growing illness.

The Arthritis Foundation, along with local businesses and organizations, are sponsoring the Let's Move Together walk for a cure May 16 in Lincoln.

The Lincoln Area Agency on Aging/Lifetime Health program is putting their best foot forward to help.

As a certified instructor with the Arthritis Foundation's Self Help and Exercise Programs, Tracie Foreman, Aging Specialist/Health Educator with the Lifetime Health program, teaches individuals in the



community how to live better with Arthritis. Foreman recently was appointed the Arthritis Foundation's Public Relations Chairperson.

"Fitness is fundamental to individuals with arthritis," Foreman said. "I want to see people get on the bandwagon with this walk in May, not only to raise money for research but also to raise awareness that it is not just an older adult disease. Baby boomers are the population at highest risk right now and there is so much we can do to help."

For more information on how you can get a team together for the May 16 Let's Move Together walk or for information on donations and sponsorship, contact Tracie Foreman at the Lifetime Health office, 441-7575.

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VETERAN

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about a quarter of a mile and met one of our outfits with a jeep and I left him with them to get back to my outfit.”

He received a letter not long after from the officer, who survived thanks to Osborn’s help. A touching gesture Osborn appreciates to this day.

Osborn was honorably discharged in July 1945 and returned to Nebraska, calling Lincoln home. He received a number of medals for his service, including two purple hearts, a silver star and two bronze stars. He also received his high school diploma from Seward High School, his hometown, as an honor for his service.

“I’m proud of my service,” he said. “I think I did my part. We were on the front line, the first ones to cross enemy borders, first through the Siegfried Line. I was proud to do my part.”

Following the war, Osborn worked at Cushman’s and Gooch’s Feed Mill. He stayed with Gooch’s until August 1945. He took a leave of absence from Cushman’s in 1947 and joined the National Guard. In January 1949, a blizzard hit Nebraska. Drifts reached more than 50 feet; farms, homes and entire towns were buried in snow. Osborn helped with Operation Snowbound, a rescue effort that saved thousands of lives, cleared roads and dropped hay from airplanes to starving animals.

He returned to Cushman’s after three years in the National Guard and retired in 1982.

Retirement didn’t keep him inactive. Osborn kept in shape with running.

“I got addicted to running,” he said. “I enjoyed it, then started competing and kept winning, so I just kept going.”

He ran his first marathon at age 66. Since then, he has completed more than 30 full marathons, numerous half marathons and countless running competitions. Competitions included Pikes Peak marathon; Bolder Boulder, a 6.2 mile course he completed in 1 hour, 33 minutes; 15k Governor’s Cup and the 2008 Cornhusker State Games, where he received two gold medals and three second place awards in the 80 and over group.

He may have begun running late in the

game, but Osborn has a wall of achievements to envy. In 1986, he received the Governors Cup Healthy Lifestyle Award and the Distinguished Achievement Award in 1993 from the Lincoln Track Club. He also has qualified for the U.S. National Senior Olympics and competed in Colorado, Iowa, Kansas, Louisiana, Maryland, Minnesota, Missouri, Nebraska and Utah.

To prepare, Osborn rides his bicycle from his home in the West A neighborhood to the Downtown ActivAge Center, where he has volunteered 25 years. Along the 3-plus mile route, he collects aluminum cans to recycle.

He is a lifetime member of the VFW and Purple Heart Association. He also is a member of the Presbyterian Church.

Osborn and his wife, Betty, met during his service in England. They wrote letters back and forth until she moved to the U.S. in January 1949. The couple soon married and had two children, John and Viola. He also has a daughter, Bonnie, five grandchildren and six great-grandchildren.

“I feel like I’m pretty lucky living still,” Osborn said. “A lot of people from my days are in the cemetery. I just go with it from day to day. Keep active, watch my diet, and read about the world.”

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**For film reservations or information on other
ActivAge Women's History events call: 441-7158**



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